Oregon SCIENTIFIC

PEDOMETER with REAL-TIME DIGITAL CLOCK
(Model #: PE320)

INTRODUCTION

Thank you for selecting the Oregon Scientific Digital Pedometer with Real-Time Clock (PE320). This unique product is ideal in assisting an exercise routine. The pedometer counts number of steps taken from one location to another. By inputting the stride-length the total distance covered can be calculated.

In this box, you will find:

- Pedometer with Real-Time Clock
- 1 x LR43 size 1.5 V battery

Keep this manual handy as you use your new product. It contains practical step-by-step instructions as well as technical specifications and warnings you should know about.

KEY FEATURES

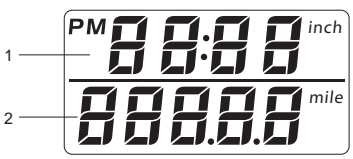
FRONT VIEW

1. Motion Sensitivity Switch - Increases or decreases unit sensitivity
2. **RESET** button - Resets display mode values to zero
3. **DIST** button - Total distance and stride length display mode
4. **HR / +** button - Changes clock hour digits; changes stride length upward
5. **MIN / -** button - Changes clock minute digits; changes stride length downward

BACK VIEW

1. Battery compartment - Requires 1 x LR43 size 1.5V battery
2. Belt clip - Use to clip unit securely to belt or waistline

LCD DISPLAY SYMBOLS



1. Clock / Stride length
2. Distance traveled

GETTING STARTED

INSULATION TAPE

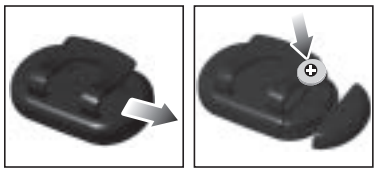
Before using the device, pull out the insulation tape underneath the battery cover protecting the 1 x LR43 size 1.5V battery.

NOTE The unit will not work until the tape is pulled out.

BATTERIES

This product uses 1 x LR43 size 1.5V battery. Should you need to change the batteries,

1. Gently press and pull the battery compartment door.
2. Insert 1 x LR43 size 1.5V battery or equivalent.
3. Replace the battery compartment door.



NOTE Protect the environment by taking exhausted batteries to authorized disposal stations.

CLOCK

Insert a blunt stylus into the **HR / + or MIN / -** buttons to alter the clock hour and minute values, respectively. The clock is set at 12:00AM by default.

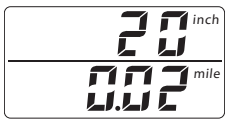
NOTE The unit automatically returns to clock display after 5 seconds if no buttons are pressed.

ADJUSTING THE SETTINGS

DISTANCE

The distance traveled is shown on the bottom line of the LCD display. For greater accuracy it is recommended that a personal stride-length is set.

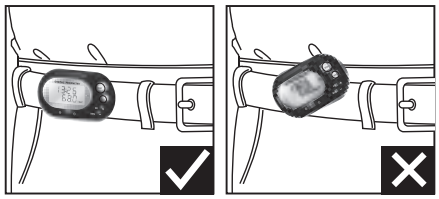
1. Press **DIST** until the stride length is viewed on the top line of the LCD display.



2. Insert a blunt stylus into **HR / +** to increase or **MIN / -** to decrease stride length (11 to 60 inches or 30 to 150cm). The stride length is set at 20 inches (50cm) by default.

If no changes are made to the Stride function, the top line of the display will automatically return to the clock display after 5 seconds.

WEARING THE PEDOMETER



Attach securely at waist level to your belt, slacks, or training attire and maintain a horizontal position for more accurate results.

USING THE PEDOMETER

COUNTING STEPS TAKEN

The pedometer counts the number of steps taken.

1. Press **DIST** once to view number of steps.

To return the pedometer display to zero, press **RESET** in **STEP** mode.

NOTE To make the unit more or less sensitive to motion, reposition the motion sensitivity slide switch. To determine the proper amount of motion sensitivity, experiment with different settings. See section on ADJUSTING MOTION SENSITIVITY for more information.

NOTE Improper positioning of the pedometer may result in incorrect data collection.

MEASURING DISTANCE

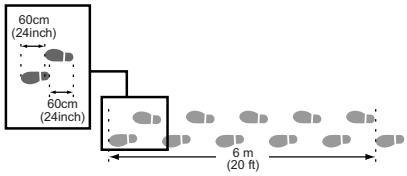
Correctly measuring distance depends on accurately setting the average length of an individual stride (stride length) and properly setting an internal motion-sensitivity device.

1. Press **DIST** until the distance traveled is viewed on the LCD display.

To return the distance counter to zero, press **RESET** in **DISTANCE** display mode.

Total Distance = steps taken x average step length

NOTE Individual stride-length varies. Input an appropriate length for an average stride. To determine length of stride walk 10 paces and divide distance traveled by 10.



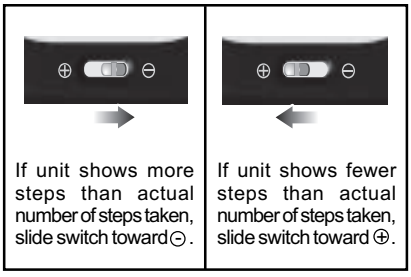
ADJUSTING MOTION SENSITIVITY

Follow these important procedures below to adjust Pedometer -/+ Motion Sensitivity Switch and ensure accurate readings:

1. Set switch to the center.

2. Reset step counter to zero.

3. Walk at a normal pace; take at least 100 steps to provide more accurate motion sensitivity.


If unit shows more steps than actual number of steps taken, slide switch toward ⊖.
If unit shows fewer steps than actual number of steps taken, slide switch toward ⊕.

4. Adjust sensitivity switch if walking speed changes. Repeat steps 2-5 until accurate readings is obtained.

The following conditions may cause incorrect reading of steps taken:

1. Uneven walking pace, such as walking in crowded areas or on uneven floor.
2. Frequent up and down movements, such as standing up and/or sitting down; running, jumping, or ascending/descending stairs or steep slopes.

SAFETY AND CARE

Clean the unit with a slightly damp cloth and mild detergent.

WARNINGS

This product is designed to give you years of service if handled properly. Observe the following guidelines:

- While the product can be considered splash-proof, never immerse the unit in water. This can cause electrical shock and damage the unit.
- Do not subject the main unit to extreme force, shock, or fluctuations in temperature or humidity.
- The product can withstand a drop of approx. 4 feet, but it is strongly recommended that you avoid dropping the unit.
- Do not tamper with the internal components. Doing so will terminate the units warranty and may cause damage. The unit contains no user-serviceable parts.
- Do not mix new and old batteries or batteries of different types.
- Do not use rechargeable batteries with this product.
- Remove the batteries if storing this product for a long period of time.
- Do not scratch the LCD display.
- Read this instruction manual thoroughly before operating the unit.

The contents of this user manual and technical specifications are subject to change without further notice. Images not drawn to scale. Do not make any changes or modifications to this product. Unauthorized changes may void your right to use the product.

SPECIFICATIONS

Step counter	0 to 99,999 steps
Distance traveled	0 to 999.99 miles (0 to 999.99 km)
Stride distance	11 to 60 inches (30 to 150 cm)
Clock	12 hr (AM / PM)
Dimensions	2.6 x 1.6 x 0.6 inches (L x W x H) 65 x 40 x 14 mm (L x W x H)
Weight	0.85 ounces (24 grams)
Operating Temp	23 to 104.0 °F (-5.0 to 40.0 °C)
Storage Temp	-4 to 140 °F (-20 to 60 °C)
Batteries	1 x LR43 1.5 V
Battery Life	1 year

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